

What If

Volume 1



1. What if you had to eat the same food for a month?



- 1) Which food would you choose, and why?
- 2) Would it get boring after a while?
- 3) Could it affect your health in any way?

Variety – 다양성	Repetition – 반복
Nutrition – 영양	Metabolism – 신진대사

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2. What if weekends lasted five days?



- 1) Would people get bored with so much free time?
- 2) How would work and productivity be affected?
- 3) Would people still look forward to the weekend?

Boredom – 권태

Novelty – 새로움

Efficiency – 효율성

Taken for granted –
당연하게 여김

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3. What if you were lost in the Arctic?



- 1) How would you keep yourself warm?
- 2) What food sources could you possibly find?
- 3) Could you find or build shelter?

Layering – 겹쳐 입기

Refuge – 피난처

Forage – 먹을 것을 찾다

Hypothermia – 저체온증

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4. What if you had to stop using plastic forever?



- 1) What would be the hardest item to replace?
- 2) Could you find practical eco-friendly alternatives?
- 3) Would living without plastic change your daily habits?

Durability – 내구성	Affordability – 경제성
Sustainability – 지속 가능성	Consciousness – 의식

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5. What if you saw your friend's partner on a dating app?



- 1) Would you tell your friend?
- 2) Could this damage the friendship instead of helping?
- 3) How would you feel if roles were reversed?

Obligation – 의무

Fallout – 불화

Fragile – 취약한

Awkwardness – 어색함

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6. What if all your messages with your best friend went public?



- 1) Would you feel embarrassed if it were exposed?
- 2) Would people judge you differently after reading?
- 3) Would it change the way you text in the future?

Embarrass – 당황

Reputation – 평판

Self-conscious –
남의 시선을 의식하다

Filter – 걸러내다

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7. What if you could never buy new clothes again?



- 1) Would secondhand clothes be an acceptable option?
- 2) Could repairing old clothes be a practical solution?
- 3) Would this lifestyle actually help you save money?

Hygiene – 위생	Repair – 수선
Durability – 내구성	Expense – 지출

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8. What if you could talk to your past self?



- 1) What advice would you give?
- 2) How might your past self react to meeting you?
- 3) Could this meeting change the person you are today?

Motivate – 동기를 부여하다	Distrust – 불신
Intrigue – 흥미	Reorganize – 재구성

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